



# GUNFIGHTER GAZETTE

1st Battalion, 1st Aviation Regiment Family Readiness Group Newsletter

NOVEMBER 2004

## 1-1 FRG Leadership

### **BN FRG Leader**

Laura Moore

09819-722-283 (Home)

09802-832-808 (Work)

0160-9835-1530 (Mobile)

davidandlauramoore@t-online.de

### **BN FRG Advisor**

Diane Alpeter

09872-805-385

alpeter@t-online.de

### **BN FRG Advisor**

Heidi Lumley

09872-805-574

heidi.lumley@us.army.mil

### **BN FRG Treasurer**

Kerri Burton

09827-927-250

kerri\_burton@eu.odedodea.edu

### **BN FRG Newsletter/**

#### **HHC FRG Leader**

Frannie Schneider

09875-978-402 (Home)

09802-832-064/883 (Work)

0175-513-3723 (Mobile)

frannie.schneider@us.army.mil

### **A Co. FRG Leader**

Elizabeth Randall

09825-923-163 (Home)

09802-833-012 (Work)

elizabeth.randall1@us.army.mil

### **B Co. FRG Leader**

LaSandra Wise

09827-928-749

la\_sandrawise@hotmail.com

### **C Co. FRG Leader**

Heather Scott

09875-978-649

heather.d.scott@us.army.mil

### **D Co. FRG Leader**

Alison Thompson

09875-978-439 (Home)

0160-983-59420 (Mobile)

edlasalle@hotmail.com

## A Message From Gun 6



Great things happened to the Gunfighters this month. October has been such a blur that I had to remind myself of everything. Let's see. . .

- The mighty Team Ghost Rider (C Co. with HHC and D Co. slices) conducted a flawless move to Speicher. It's great to be a battalion at one location again. My hat's off to all the members of the C Co. TM for their remarkable performance during the demanding split-based operation in Balad.
- We protected the great Dagger Brigade during their major operation in Samarra, then 1-4 Cavalry in Ah Daluyah, while watching over all of 1ID.
- Our LTG Ellis D. Parker Award nomination for best Attack Battalion in the Army for FY04 was endorsed by Multi-National Force Iraq and forwarded to Ft. Rucker for the Army-level competition. (Results come out in December, but check out the nomination on 1-1 AVN's OIF Web site at [www.1-1avnbns.ansbach.army.mil/](http://www.1-1avnbns.ansbach.army.mil/). Follow the links to the OIF site.)
- The Oktoberfest in Iraq celebration was a big hit, rallying not only our battalion but also members of the Brigade, sister battalions, and the Division leadership. Much thanks to CW2 Angie Nixon and all the crew that organized this team-building event.
- R & R slots continue to flow, and by the end of November, all eligible Gunfighters will have received a break from the theater (R & R, emergency leave, or convalescent leave). Plus, we're trying to get more slots in December for those who only got emergency leave—but we're certainly thankful for what we've received so far.
- Our top-notch maintenance team kept our birds flying a record 1,368 combat hours this month. And the skill and vigilance of our pilots were no match for the enemy.
- All Gunfighters finished reintegration classes on safety, security, family, emotions, and finance topics. It was a welcomed step toward returning to Germany, and you could see the distant smile on everyone's face as we thought about our quickly approaching trip home.

*"A Message From Gun 6" is continued on page 4.*

## Rear-Detachment Numbers

### **Staff Duty Office (24 hours)**

09802-832-815/783

### **Commander**

CPT Peter Schneider

09802-832-815/783/545 (Work)

09875-978-402 (Home)

0171-337-4147 (Mobile)

peter.schneider@cmtymail.98asg.

army.mil

### **NCOIC**

SFC Ernest Blakemore

ernest.blakemore@cmtymail.98asg

army.mil

### **Family Readiness Liaison**

SGT Ronald Harding

0175-662-7398 (Mobile)

ronald.harding@cmtymail.98asg.  
army.mil

### **Family Readiness Admin. Asst.**

Elizabeth Randall

09802-833-012 (Work)

elizabeth.randall@cmtymail.98asg.  
army.mil

### **Katterbach Chapel**

09802-832-785

### **1-1 Web Site**

[www.1-1avnbns.ansbach.army.mil/](http://www.1-1avnbns.ansbach.army.mil/)

### **Newsletter Web Site**

[www.spilmanconsulting.com/gg](http://www.spilmanconsulting.com/gg)

## A Message From Gun 7

*Contributed by CSM James Martin*

This month we were happy to receive the C Co. Team at FOB Speicher. Now the whole Gunfighter family is reunited. This makes it easier for us to share the heavy load that the battalion has been carrying. We're happy to have them all here because it also helps us take care of our soldiers better, too.

We had an Oktoberfest here on October 11, which helped us celebrate the eight-month mark of our deployment. That makes two-thirds of the way gone. We think about our families in Katterbach and elsewhere everyday and all the support you give us helps us accomplish our mission.

Our leaders here help keep us focused on our mis-

sion and the hard work of all of our soldiers continues to accomplish all the missions for us. We've now put most of the heat behind us and we're beginning some preparations to go home. We need to think ahead and be prepared to make our redeployment process as easy as possible. It will be upon us before we know it.

As preparations are made to begin moving to Kuwait and then to Germany, we will not lose our focus on the mission. We will continue to conduct ourselves as professional Gunfighters until the very last day of our service in Operation Iraqi Freedom II.

NCO leads the way, but our soldiers make it happen!

## Viking Update

*Contributed by CPT Scott Thompson, Viking 6*

I was standing in the Production Control Shop, talking with **CW4 Scott Edwards** about some of the additional responsibilities he would have while I was on leave. It was nothing he hadn't done before; CW4 Edwards has filled in for me on several occasions in the past. So the conversation was really just a review, making sure everything was in order for a smooth transition. And it was going smoothly, until the last item on my list. "Oh, and I will need you to write the column for the *Gunfighter Gazette*."

Although generally a happy kind of guy, the guffaws of laughter projecting from CW4 Edwards caught me off guard. Had he remembered a punch line to a long forgotten joke? Of course, this got the attention of **CW4 Marty Calkins** and **SFC Dan Phillips**, the other two life members of the "PC Gang," who dropped what they were doing to be a part of whatever was making CW4 Edwards laugh so hard.

As the loud laughs started to subside several minutes later, I said, "Do you think you could get the newsletter done?" Scott's raucous laughter resumed and was of course echoed by the rest of the PC Gang. Apparently this was very funny—to everyone but me. Then again, that has never stopped the infamous PC Gang before. I won-

dered if the rest of the company would have the same reaction.

So in the interest of investigative journalism, I had to ask the rest of the company. I posed the question: "Can you write the newsletter column this month?" to a random sampling of the company (dictated by whoever happened to be walking by). Here are the responses that I received.

**CW4 Marty Calkins:** I asked once, but didn't again because he looked like if he didn't stop laughing, he was going to lose consciousness. Or the rest of his hair.

**SFC Dan Phillips:** "Oh yeah. I will tell them the real story, how it really is, like putting pineapple on pizza doesn't make it Hawaiian!"

**SFC William Howard:** "I can do it. I could write an exposé on Viking history, detailing their exploits in this region."

**SFC Dave Sweitzer:** "Ha, ha, ha. Funny, sir."

**SSG Jared Shumway:** "I'll do it, sir. Then I can write a note to my wife telling her how much I miss her." My question to SSG Shumway was what he would put in the rest of the column. "I guess I would interview everyone else, so they could say something to their wives, too." (Not a bad idea, but everyone won't fit, and I don't want to leave out the single soldiers.)

**SSG Jairo Lopera:** "Whatever you need me to do, sir. What does it need to be about?" (Well, if I knew that, would I really have been asking?)

**SPC John Romanky:** "That would be great because I could. . ." (Insert long rant on a tenuously related series of topics.) "Oh, I guess that won't fit, will it?"

**SGT Steven Bouchard:** "I wouldn't even know what to say, sir."

**SFC Tyron Faciane:** His response is a look of utter shock, eyes as wide as saucers, hand clutching his chest "WHAT?" That's when I tell him that I'm just doing research for my article. Whew. . . his breathing resumes.

**SGT Joaquin Gonzalez:** "Ah-ha-ha-ha, mumble-mumble. I am not very good at writing those things."

Well, there obviously wasn't a lot of help coming from the peanut gallery. So here I sit, on leave, typing furiously.

Frannie has already called to "remind" me that the article is due today, but she doesn't want to inconvenience me or interrupt time with my family. Then she calls again like two hours later, ostensibly for my wife, but I know why she really called: another reminder. I had better send this in before she calls in her enforcers.

# Hammer Update

*Contributed by CPT Levi Dunton, Hammer 6*

I have the strange luxury of composing this month's downrange update from the comfort of my own home in Germany, which gives me an inexplicable feeling of guilty pleasure, like I'm skipping school while all of my classmates are taking exams. I've tried telling myself that I'm taking some arguably hard-earned time out from the desert and shouldn't feel ashamed for enjoying the experience, especially since everyone who deployed with us from the beginning of the tour will have their own chance to take a sabbatical before the month of November is over. But it's just not working. The anxiety of missing out on all of the good times going on in the desert—the First Sergeant's gentle pre-dawn greetings that we all have come to love, the smell of the dry desert air when the wind isn't blowing smoke from the garbage dump or exhaust from the oil refinery or a few cubic acres of airborne dust across the encampment, the soothing roar of Chinook heavy-lift helicopters flying directly overhead at two in the morning—have left me anxious to get back to where all of the fun is happening. That will come soon enough, I suppose.

I'm afraid that my first-hand accounts of the past month's events in Iraq are a bit dated, since I only spent the first week or so in-country before departing for greener climes (where I've hated every minute of it and cried myself to sleep every night, plagued by overwhelming bouts of homesickness for the peaceful sand, gravel, and camel spiders of dear old Camp Speicher). But I won't let that stop me from extrapolating some guarded assessments of the current situation with the Hammer crew based on my initial observations.

After seven short months of "any day now," the stars finally aligned. We made the thunder run to Life Support Area Anaconda, tackled the Team Ghost rider encampment in a demolition frenzy, loaded our big rigs with enough gear to put the Beverly Hillbillies to shame, and powered back to FOB Speicher with the Apaches prowling overhead. That we were able to pull this off without a hitch is cause for celebration, but the fact that our battalion was able to make this happen while flying around-the-clock patrols in support of our infantry and armor brethren as they undertook some improvisational urban development in the town of Samarra has earned every Gunfighter some serious bragging rights in my book. Granted, it would have been nice to catch some Hollywood video clips of the Hammers tearing down the highway, but you won't catch us griping that the Apaches got all of the TV crews' attention as they kept our fellow sol-



*SPC Michael Jackson (second from left) unveils his 1-1 AVN plaque to BG Stephen Mundt, CSM James Martin, COL Walter Golden, and LTC Dave Moore.*

diers breathing easy. There is something positive to be said when everyone around you is so busy watching those awesome birds eat up the sky that they don't notice twenty or so heavy-duty vehicles barreling by. That's most definitely a good thing.

Now we have a whole troupe of Team Ghost rider celebrities strutting their stuff around FOB Speicher, with a new batch of war stories to tell and re-tell around the watering hole. It's never fun to lug all of your worldly possessions to a new location, but by now our recent arrivals

should be realizing the advantages of having a real roof overhead, running water and flush toilets, air conditioners that don't quit at noon, and familiar faces who have your back no matter what.

And what better venue to regale our fellow warriors with tall tales of bravery and feats of arms than a fest-tent full of bratwurst and near-beer by the stein full? Iraqtoberfest turned out to be the perfect opportunity for the Gunfighters to take a breather, congratulate each other on whipping some serious tail over the past months, and celebrate having everyone together at one four-star resort location. It kicked the stuffing out of that little party in Munich, and nobody even complained about the absence of the fat accordion players wearing leather britches.

As hard as it is for us to believe, it appears that November might be the magic month when summer actually turns into fall in Iraq. It's a novel sensation, but we're actually starting to remember what it feels like to stand outside in the daytime without feeling the sweat instantly vaporizing off of our skin in a cloud of super-heated plasma. Seventy degrees feels downright frosty!

To add to the good news, we've finally improved the runway at Forward Operating Base Speicher enough that the Air Force prima donnas will actually land here, so we should be able to trim an intermediate stop out of the journey between Iraq and Europe and hopefully reduce the transit time by a couple of days. Woohoo! Life just keeps getting better!

So we're hanging in there and managing to keep our collective sense of humor while continuing to stay focused on the job at hand and watching each others' backs. It's probably a bit too early to start talking about the final stretch—we're not there yet, but it seems like it's right around the corner. Home is too good for words; it serves as the most poignant reminder that some things are worth the hardship and separation and maybe even worth fighting for. We have you to thank for that—thanks so much.

## Taz Devil Update

Contributed by CPT John Broam, Taz 6

**A**lmost there! Nine months down and only a few to go until we are together again. The excitement is starting to build around here. There is so much talk of sending equipment back and who is going when that you can't help but get excited. We all understand that we have three months left to still perform the mission, but the end is in sight and will soon become a reality.

The weather is getting cooler now with 80s during the day, and it is dipping into the 50s at night. I never thought we would see that.

We continue to support the ground units with convoy security, reconnaissance, local security, and raid support. Our OPTEMPO has been incredible over the past two months, and we've flown more than five hundred hours each month. We recently concluded Operation Baton Rouge in Samarra. This operation was a success for the battalion and the division, but more importantly for the Iraqi people. The people of Samarra can now live and work in a more secure city, free from the constant attacks by insurgents. As you can imagine, our maintenance had a huge impact on us being able to perform this mission. Taz maintenance performed incredible feats allowing us to maintain a team on station twenty-four hours a day for more than three days straight. This mission showed outstanding dedication and work by all.



**Top:** SPC Angelica Perales prepares her aircraft for take off. **Bottom:** CW2 Russ Motes shows the teeth of the Taz Devils.

We anticipate completing our R & R at the end of November. We have been very fortunate, in that every soldier has received a break from the rigors of Speicher and combat. The Fighter Management Pass Program has given many of our soldiers a great chance to get away for a few days as well. Both programs allowed us to maintain a combat-effective unit and a method to aid in reducing the stress of continuous combat. We are all starting

to look forward to our block leave upon return. Talk with your spouse and determine when would be the best time for you to take leave from mid-February through mid-May. I will make every attempt to accommodate each request.

We have a new addition to the Taz Devil Family. We would like to welcome **CW3 Dan and Dena St. Peters** and their daughter, **Kaitlin**. They come to us from HHC. Please help me welcome them into our company.

The Taz Devil family would like to extend happy birthday wishes to **CW4 Mark Knigge** on November 11, **SGT Angelo King** on November 16, and **Jordan Broam** on November 29. We would also like to extend happy anniversary wishes to **CW2 Eric and Christine Whitehead** on November 12 and **CW2 Jeremy and Jennifer Griffin** on November 23.

Your support is deeply appreciated. We find ourselves talking about what we will do upon return to Germany and how we can't wait to be with our loved ones. We have truly missed all of you. As the holiday season approaches, I will be in close contact with Elizabeth Randall to make sure your wishes to provide a memorable Thanksgiving and Christmas for our soldiers are made possible. Please continue to keep Elizabeth informed and let me know if there is anything I can do for you. Duty First!

## A Message From Gun 6

*Continued from page 1.*

I did remind everyone that 1-1 Aviation got to this successful point in Iraq and Germany by being safe, staying out of trouble, and following through with our mission. That's how we want to find ourselves when the last Gunfighter walks into the gymnasium at Katterbach in . . . February! Yes, it looks like we'll transfer authority to the 8-229th Flying Tigers on January 20 and begin the redeployment process. It'll take a few weeks to get our equipment on ships and our people on planes, and I know we'll all be flexible when it's required. Thanks for a great month—everyone—and keep up our award-winning record. Hey, think "1-1," think "win-win"!

LTC David R. Moore  
Commander, 1-1 AVN Regiment, 4th BDE, 1ID

## Family News

### To SGT Shawn Czarnecki:

Happy anniversary to my best friend. Thank you for ten wonderful years! Also, congratulations on winning NCO of the month! I love you, —Cara

*To include your family news in an upcoming newsletter, please e-mail [frannie.schneider@us.army.mil](mailto:frannie.schneider@us.army.mil). Submissions are due the twentieth of each month.*



## Wolfpack Update

Contributed by SPC Joshua Whitmer and SPC Michael Johnson

**G**reetings from the Wolfpack! The Wolfpack members are starting to feel that the end is near; we've started re-integration training have been constantly moving in preparation for our replacements. These past several months have taken their toll on all of us.

Adjustment to life in Iraq and being stuck with the same people every day have proven to be some of the biggest trials of our lives. However, we have grown together despite our differences and have worked together to accomplish seemingly impossible tasks. We are all honored to be part of the Wolfpack team through this deployment.

With the Iraqi elections just around the corner, the anticipation of the outcome is almost overwhelming. We have been told that we may have the opportunity to stay and ensure that it goes smoothly. We are thrilled to be part of such an important and historical event—not! Really though, we're here until the mission is complete, so if we are needed to help keep Iraq somewhat stable during the elections, we're all for it.

The crew chiefs have proven to be one of the most significant parts of the Wolfpack team. With their hard work, fast wrenches, and quick thinking, they help ensure that the aircraft are ready for every mission that gets tossed their way. Don't take my word for it; the fact that we flew more than five hundred hours last month



PFC Shawn Noel strikes his classic pose. Happy birthday, PFC Noel!



Congratulations to 1LT John Landers, who was promoted this past month.

speaks for itself. As for our pilots, well they're okay. Just kidding; they have done an excellent job in supporting other units and providing security for us. In addition, they have found time to become very adept "Halo" players.

If success is measured in what we have accomplished, then we

have been extremely successful. Throughout this deployment we have learned so many lessons and have become a very close and compassionate family. We all hope to be home with you very soon; we miss you and are impatiently waiting to see you again.

As for some of the events of this past month, congratulations to **1LT John Landers**, who finally received his well-deserved promotion. We can expect another new NCO in the next few months. **SPC Patrick Montgomery** will be pinning on some stripes very soon. One of the more exciting events of this month will be the birth **CW2 Micah Johnson's** daughter. Good luck and best wishes to the Johnson family.

We would like to wish those who have birthdays and anniversaries in November a very special Wolfpack day! Happy birthday wishes are extended to **Kerri Gladden** on November 8, **Dylin Gladden** on November 18, and **PFC Shawn Noel** on November 20. Happy anniversary to **SGT Kenneth and Ina Ashline** on November 6 and **1LT John and Daisy Landers** on November 9.

## Task Force Gunfighter Photo Gallery



SGT Ron Harding (right) shakes hands with Sergeant Major of the Army Kenneth Preston.



CPT Pete Schneider (right) shows Vanessa Sellers (middle) how to use his high-speed scooter. Vanessa's mom, Brittany Sellers, looks on during 1-1 AVN's Skate Night on October 16.



**Above:** The James family enjoys the free hot dogs and nachos at 1-1 AVN Skate Night, held October 16.



**Left:** Brianna Panter is all smiles on her scooter.

# Ghostrider Update

Contributed by 1LT Shane Scott, Ghost 5

As month number eight draws to a close, the Ghostriders can look back on it as a very busy time. The highlight of the month, no doubt, was our move from LSA Anaconda in Balad to FOB Speicher in Tikrit. In the air, we continue to assist our brothers-in-arms from the 25th Infantry Division from Hawaii and from the 30th Brigade Combat Team from North Carolina, Virginia, and West Virginia. On the ground, we are now beginning to hear words like "replacements" and "redeployment" used more and more frequently, and we are excited for our upcoming reunions with family and friends.

The Ghostriders' October started with a long-awaited reunion with the rest of the Gunfighters here at our new home, FOB Speicher. Our company, along with our honorary Ghostriders from HHC and from Delta Company, convoyed northward on the last day of September. We were very pleased to be able to provide our own Apache helicopter escorts as our soldiers traveled along the perilous Iraqi highways.

Three Charlie Company vehicles and four Charlie Company Apaches made the sixty-mile trip in just a couple of hours without incident. It didn't take us long to get settled in; after a day or so, we were ready to perform combat operations once again and were set up in our new living and work areas.

For those who do not know already, our company no longer works or lives out of a tent city. Our battalion expended a great number of resources to provide us with wooden homes and offices, and for that we are very thankful. Another feature of our new quarters is that they are not situated anywhere near helicopter parking. For the first time in months, Charlie Company can sleep without earplugs; again, we are very happy about that. The most immediate difference that we noted upon our arrival to FOB Speicher is that we now reside in a much safer location, and I believe that everyone who reads this is pleased by that.

There are many things that we will miss about LSA Anaconda. We will miss the nice PX, and we will miss the theater. Doc Carter will miss the pool, and many oth-



On the last day of September, Charlie Company made the much-anticipated move from LSA Anaconda in Balad to FOB Speicher in Tikrit. **Above left:** Goodbye, tent city! Charlie Company has new living quarters at FOB Speicher. **Above right:** The aircraft have landed at FOB Speicher.

ers will miss the great gyms. Although we left many amenities behind, we must remember why we are here. Since our battalion is now consolidated, we are able to dedicate resources to fixing and flying our helicopters instead of using them to keep showers running, the electricity on, food and drinking water on hand, the garbage taken to the dump, etc. On the whole, life is easier for us here, but there are new rules to learn and new procedures to follow. And if the rest of the company is anything like me, we

still find ourselves getting lost around here from time to time. As time passes, we will no longer be the new kids in town, and shortly after that we should be on our way home.

Until we get home, we will continue to support our friends on the ground in our fight to bring peace and stability to the people of this country. Our company has flown as far north as Kirkuk and as far south as Baghdad this month in support of Operation Iraqi Freedom II. We have executed opera-

tions across the full spectrum of attack aviation. We've escorted convoys both large and small, we've conducted reconnaissance missions, and we've participated in several operations to rid this nation of the forces that are intent on keeping freedom from its people. We are honored to be a part of this effort, and we cannot begin to express how much we appreciate the support that each of you gives us every day.

Congratulations are in order for **SPC Jeremy Loomis**, who was deservedly promoted from PFC on October 1.

The Ghostrider family has a number of birthdays in November. The first is **SPC Kelly Downey** on the October 11. **CW2 Tom Brautigan** will celebrate his birthday on the 14th, followed by **Paula Carter** on the 15th. **SPC Robert Levis** will be one year older on October 20. **Vanessa Cole's** birthday is on the 26th, and **Erica Loomis** celebrates her special day on October 27.

We also have one wedding anniversary for November. Congratulations are in order for **SSG Donovan and Christina Wright** on October 23.



## Preparing for a Soldier's Homecoming

A great deal of attention is paid to the separation side of deployments when military personnel leave families and partners for overseas operations. We can understand the worry and the feelings of loss and loneliness a military deployment can bring to a family. But the return and reunion with families and partners can be just as stressful—sometimes more so. The difficulties and strains of return can be surprising and sometimes painfully disappointing to military families. But there are steps you can take to make the transition back as joyful and stress-free as possible.

### Understanding Reunion

Couples who have been separated by military deployment often look forward to a service member's return as a time of happiness, a chance to get back to "normal" life. Spouses miss each other and look forward to time together. Children look forward to having a missing parent back at home. The absent service member looks forward to a joyful reunion and the comforts of home. After a dangerous deployment, families are relieved that the service member is returning home safely.

But mixed in with those feelings of excitement and anticipation are also some perfectly normal worries and resentments. Husbands and wives worry that their spouse has changed, that there will be new strains in the relationship. Both partners may dread giving up the independence that being apart has allowed them and may resent what they imagine as the freedom the other has enjoyed during deployment. While everyone looks forward to getting back together, they may also feel some anger at having been separated in the first place (a feeling that children sometimes express very openly).

Reunions can be especially challenging if the deployment was long and dangerous, if the deploy-



*Reunion can be one of the most stressful parts of deployment. Plan ahead by attending the 1-1 AVN reunion training.*

ment created money problems for the family, if communicating back home was difficult, if the deployment was one in a series of deployments, or if there were feelings of jealousy or rumors of infidelity. Without these strains, reunions are much less stressful.

The initial reunion often is happy. But because expectations on all sides are so high, it can also be disappointing. The potential for crushed hopes is high.

What can make return from deployment an unhappy and stressful time is the mismatch between high expectations and the reality of family life and the need to change and fit into new family roles and routines. But knowing this is also the key to making the return a happy time with a minimum of stress and disappointment.

### Before the Reunion

Despite the best of intentions, the service member or the partner at home may be too exhausted, busy, or anxious to prepare the way they would like to for the reunion. Combined with high expectations—and sometimes unrealistic hopes—this can lead to disappointment.

Unpredictable timing can also get in the way of happy and relaxed reunions. Both partners need to understand that late flights, bad weather, incorrect passenger lists, family emergencies, and missed phone calls or messages can spoil even the most careful plans.

### What You Can Do

Do your best to find out and communicate the details of the return plan and to keep yourself and your partner updated on any changes to the schedule.

Make backup plans in case the flight arrives at a time when the partner at home can't be there. This might happen because of a work schedule, children's needs, a family emergency, or simply lack of advance notice. How will the service member get home? Are there phone numbers where the partner at home can be reached at different times of day and night?

Plan something special for each other. The returning service member might bring gifts for those at home. The partner at home might plan a welcome-back meal or some other celebration.

Be ready to be understanding and forgiving if the reality of the reunion doesn't match your plans and hopes.

For more information on reunion, attend 1-1 AVN's reunion training on November 18 or 19. See information below.

### 1-1 Reunion Training

The reunion and reintegration training for 1-1 AVN family members will be held Thursday, November 18 at 1100 and Friday, November 19 at 1800. Free child care will be available at the Friday training. To register your child, please contact Elizabeth Randall at [elizabeth.randall@cmtymail.98asg.army.mil](mailto:elizabeth.randall@cmtymail.98asg.army.mil) or Laura Moore at [davidandlauramoore@t-online.de](mailto:davidandlauramoore@t-online.de) by November 12.

This training is designed to assist spouses and family members with the reintegration process. Soldiers will experience a similar training downrange. Task Force Gunfighter will also provide the most current information on the unit's return. Contact your FRG leader with questions.

## Breakfast With Santa

With the holidays right around the corner, it's time for little (and big) Gunfighters to make sure they're on Santa's list. Worried your wish-list might get lost on its way to the North Pole? We're bringing Santa to Katterbach to make sure that all Gunfighter receive their Christmas wishes this season.

Please help us make Jolly Ol' St. Nick feel welcome at a special 1-1 AVN breakfast on December 19. The event, hosted by the 1-1 AVN Family Readiness Group, will be



held Saturday, December 19 at the Katterbach Dining Facility (DFAC) from 0900-1100. Be sure to bring your camera to capture the moment. The FRG will have prizes available for attending kids.

Cost for the breakfast is \$3.25 for dependents of E-4 and below and \$3.75 for dependents of E-5 and above.

Contact your FRG leader with questions. Watch for more information in the December issue of the *Gunfighter Gazette*.

## All I Want for Christmas

In the December issue of the *Gunfighter Gazette*, we'll be publishing holiday messages to deployed soldiers. Whether you want to let a parent know that you'll miss him or her this Christmas or send a message of thanks to our hard-working soldiers, we'd be happy to include your holiday greeting in our next issue. Messages should be sent via e-mail to Frannie Schneider at [frannie.schneider@us.army.mil](mailto:frannie.schneider@us.army.mil). Please limit messages to 50 words or less. Be sure to include the soldier's name and rank whom you are writing to and your name and relationship to the soldier. Happy holidays!

## Come Fly With Me

**E**xperience the thrill of being an Apache pilot with this once-in-a-lifetime opportunity! You'll fly a mission from FOB Speicher—with the help of an instructor pilot, of course!—and experience what our pilots face on a daily basis.

Task Force Gunfighter and Task Force Katterbach are sponsoring this fun and exciting program to offer helicopter simulator experience to family members. CPT Pete Schneider has coordinated the use of the AH-64 Apache simulator in Illesheim for 1-1 AVN family members on Friday, November 5 (no school that day). Here are the details:

► The simulator is booked from 0800-1600 on Friday, November 5. Depending on the response from families, CPT Schneider will determine how long each period will be. As of right now, we're probably looking at around 30 minutes of simulator time per family. If more families sign up than there are slots available, there will be a random drawing on November 3. The family member(s) will then be notified of their assigned period and time to arrive.

► The simulator is on Storck Barracks in Illesheim. Transportation is NOT provided; if you sign up, you are responsible for arranging your own transportation. Directions to the simulator will be provided.



*You don't have to spend years in flight school to become an Apache pilot. Simply sign up for the "Come Fly With Me" program to get your chance in an AH-64 Apache simulator.*

► Families can request a time block (ex. between 0900-1100), but the time reservation cannot be guaranteed. When individuals are selected through the drawing, TF Gunfighter will do its best to put families in a time slot that best matches their request.

► There is no child care available at the simulator facility, and children cannot be left unattended. Only children over the age of 10 will be allowed for the event.

► Slots will be divided by families. In other words, if a family of three signs up, that family will rotate through their 30-minute period, whereas a single spouse could have a full 30-minute block.

► This program will only work if people show up at their assigned time and are not late. Everyone is welcome to sign up, but please ensure that you will be able to make your assigned time period.

► Sign up cut-off is 1200 on November 3.

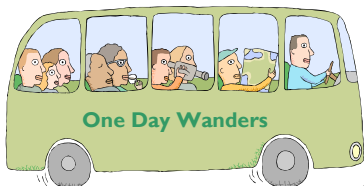
If you are interested, please contact the Task Force Gunfighter commander, CPT Pete Schneider. He can be reached at 09802-832-815 or e-mailed at [peter.schneider@cmtymail.98asg.army.mil](mailto:peter.schneider@cmtymail.98asg.army.mil). You can also stop by 1-1 AVN battalion headquarters on Katterbach.



## Around the Community

*Are you looking for ways to fill your time now that your spouse is deployed? The good news is that there's a lot going on within the Ansbach community. Besides the activities that will be sponsored by the FRG throughout the deployment, the 235th BSB is increasing the number of programs available for spouses and family members. In each newsletter, we'll highlight just a few of the community activities targeted toward family members. For more information on any of the programs listed here, contact Heidi Lumley or your company FRG leader.*

Starting in November, the **Bleidorn Library** will be open seven days a week! Hours for the library are as follows: Monday-Thursday from 1100-2000, Friday from 1100-1700, and Saturday-Sunday from 1100-1800. Call 0981-183-1740 for more information.



The Family Life Center is offering a **Family Wellness Workshop** from November 5-7 at Edelweiss Lodge Retreat Center. This retreat is open to the first twenty-four persons who sign up. If you would like to attend, please contact the Family Life Center at 09802-832-235.

All aboard the One Day Wander bus! On November 4, we'll travel to the **Nurnberg Industry Museum**. The Museum of Industrial Culture is good for plenty of surprises, including washing machines that talk, visitors frozen to shadows, or a lesson taught in a turn-of-the-century classroom. On November 10, come experience what it's like to be an ocean animal and watch *Ocean Wonderland* in 3D at the **Nuremberg IMAX Theater**. Cost is 4.90 euros per person. Finally, we'll tour **Ansbach** on November 30. Come enjoy the beautiful downtown area of Ansbach. Bring euro for souvenirs and food. Call 09802-833-225 for more information and to sign up for any of these trips.

Are you a teen with talent? The **Army Europe Teen Battle of the Bands and Stars of Tomorrow Contest** is coming! It all happens on Saturday, November 13 at the Great Escape in Hohenfels. The event is open to CYS registered youth only between the ages of twelve and eighteen who are current on their registration. Contest-

ants must turn in their registration packets to the Teen Center by November 5, along with their parents' permission slip and registration fee of \$15 per person. Competition day will include a full schedule of events, starting with early sound checks, lunch, competition, guest performers, supper, awards ceremony, and karaoke dance. Beat the rush, as spaces are limited. For more information, call the Katterbach Teen/Middle School Center at 09802-832-595.

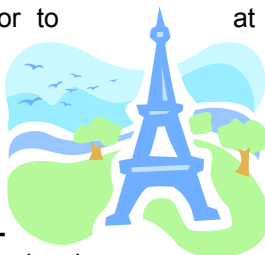
Need a little thrill? Then this Outdoor Rec trip is for you. **Tandem jump** off a small mountain in Austria and enjoy the beautiful landscape from a bird's eye view. Cost is \$150 per person. **Karlovy Vary** is well-known for its inexpensive crystal and crafts. Time permitting on the trip, we'll stop at one of the many flea markets along with way. Passports are required. Cost is \$45 per person. Want to spend more than one day on the slopes? Then an Outdoor Rec weekend trip is just for you. Join us as we head to **Austria** for a weekend on the slopes from November 25-28. You'll stay near the famed Zell am See. Cost is TBD. For more information on any of these trips or to sign up, contact Outdoor Rec at 09802-833-225.

6-52 ADA and the Katterbach Movie Theater have combined to sponsor the **Mommy's Matinee** program. The first showing will be November 17 at 1030. (Future shows will be the third Wednesday of each month.) Cost is \$1.75 per person. A kids snack pack will be available for \$2 and in-

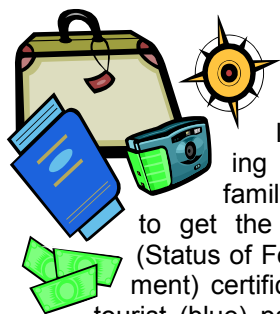
cludes soda and popcorn. Bring your kids if they're happy or sad because you won't make anyone mad. All caregivers and non-caregivers are welcome.

There's a lot going on at the Katterbach **Bowling Alley** this month! The annual Turkey Shoot will be held on November 18. Sign up begins at 1830; bowling begins at 1900. Cost is \$10 per person and covers three games of bowling. Bowl three strikes in a row and win your Thanksgiving turkey. (Limit one turkey per person.) On November 30, there will be an 8/9 pin/no tap tournament, beginning at 1830. Cost of the event is \$10 per person and includes three games of bowling. Sign up and enter to win an overnight or express tour from Enjoy Tours. First and second highest scores win cash prizes. Call 09802-832-638 for more information.

Do you know how to use a fire extinguisher? If not, you can participate in a real-life **fire-extinguisher training**. Please call the fire prevention inspectors to make an appointment, and they will come to your living area with the training equipment. A minimum of 5 people is necessary for a class. This is an outdoor training, so please wear warm clothes. Call the Fire Station at 09802-1795 or 09802-832-822 for more information.



Ring in the New Year in **Paris**! The BOSS trip (December 30-January 2) includes transportation in a motorcoach and three overnights in a first-class hotel. Cost is \$250 per person, and payment needs to be made to Kitty Brown at the Terrace Playhouse by December 16. Call 09802-833-225 for more information.



## Around the World With a SOFA Stamp

The deadline is looming for all U.S. family members to get the new SOFA (Status of Forces Agreement) certificate for their tourist (blue) passports. After January 2005, German officials will not recognize the old certificates in U.S. tourist passports for entry into Germany. So if you want to roam around the world, it's time to get your SOFA certificate!

### What does the new SOFA certificate look like?

The new SOFA certificate is a blue laminated card, about 3-inches by

3.5-inches and has a hologram on the front. If your current certificate does not look like the description above, then you need a new one—even if it hasn't expired.

### How do I get this certificate?

Fill out a copy of the form AE 600-700A, January 2004. This form is available from the FRSA, Elizabeth Randall. Fill out sections one and two completely. Then take the form to CPT Pete Schneider, the Task Force Gunfighter commander, to sign. Once the form is filled out a completely, contact the Passport Office at 0981-183-898. You will need to bring the completed and signed form, your military ID card,

and passports to the 235th BSB passport section to receive the certificate. Only one form is necessary per family.

Please do not wait until the last minute to get this taken care of! As we all know, this is a busy time of year, and time can get away from us. You don't want to be stuck at the airport without your SOFA certificate, so please make every effort to get your SOFA certificate by December 1, 2004. Please contact either CPT Pete Schneider (09802-832-815) or Elizabeth Randall (09802-833-012) at Task Force Gunfighter with questions or for assistance in completing this form.

*The Ansbach Spouses' and Civilians' Club  
in conjunction with MWR is proud to present:*

# Holidays in Bavaria



## The 2004 Holiday Bazaar November 5th-7th, 2004

**Friday, Nov. 5th** 4-8 p.m.  
**Saturday, Nov. 6th** 10 a.m.-7 p.m.  
**Sunday Nov. 7th** noon-5 p.m.

**2-1 Hangar #4, Bldg. 5801  
Katterbach Kaserne**



**Featuring Vendors from across Europe**

**Cash, Checks and Credit Cards accepted**

**Raffle Drawing Sunday, November 7th at 2 p.m.**

**Tax-free \* Stroller-friendly bazaar \* Open to U.S. ID Card Holders only**



## Christmas Markets

Get into the holiday spirit with German Christmas markets! Most of these markets begin late November and continue until Christmas Eve. The beautiful lights, decorated trees, and tasty Gluhwein make this holiday tradition one you won't want to miss. Here are the schedules for a few of the closest markets. A more complete schedule follow in the December *Gunfighter Gazette*.

### Ansbach

November 26-December 24  
Daily from 1000-1900

### Nurnberg

November 26-December 24  
Monday-Wednesday from 0930-2000;  
Thursday-Saturday from 0930-2100;  
Sunday from 1030-2100

### Rothenberg

November 26-December 22  
Monday-Friday from 1230-1900; Saturday from 1030-1930; Sunday from 1030-1900  
(Rothenberg also hosts an annual Fall Market, which will be held from October 30 through November 11.)

### Wurzburg

November 26-December 23  
Monday-Saturday from 1000-2000;  
Sundays from 1100-2000

# The Flu and You: Facts to Keep Your Family Healthy



It's that time of the year again. Time to get your flu shot. But with limited vaccines, that may not be a possibility for your and your family. But don't worry; act now to protect your family throughout the 2004-2005 flu season. By knowing the risks of the flu and how to keep yourself healthy, you'll stand a much better chance of making it through flu season sniffle-free.

## What is influenza (flu)?

Influenza, commonly called "the flu," is caused by the influenza virus, which infects the respiratory tract (nose, throat, lungs). Unlike many other viral respiratory infections, such as the common cold, the flu causes severe illness and complications in many people.

## What are the symptoms of the flu?

Influenza is a respiratory illness. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional gastrointestinal symptoms, such as nausea, vomiting, and diarrhea, but these symptoms are uncommon in adults. Although the term "stomach flu" is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by certain other viruses, bacteria, or possibly parasites, and are rarely related to influenza.

## When is the flu season in the United States?

In the United States, the peak of flu season can occur anywhere from late December through March. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from year to year. CDC monitors circulating flu viruses and their related disease activity and provides influenza reports each week from October through May.

## How does the flu spread?

The main way that influenza viruses are spread is from person to person in respiratory droplets of coughs and sneezes. (This is called "droplet spread.") This can happen when droplets from a cough or sneeze of an infected person are propelled (generally up to three feet) through the air and deposited on the mouth or nose of people nearby. Though much less frequent, the viruses also can be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

## Does the flu have complications?

Yes. Some of the complications caused by flu include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children may get sinus

problems and ear infections as complications from the flu. Those aged 65 years and older and persons of any age with chronic medical conditions are at highest risk for serious complications of flu.

## How do I find out if I have the flu?

It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone. A test can confirm that an illness is influenza if the patient is tested within the first two to three days after symptoms begin. A doctor's examination may be needed to determine whether a person has another infection that is a complication of influenza.

## How soon will I get sick if I am exposed to the flu?

The time from when a person is exposed to flu virus to when symptoms begin is about one to four days, with an average of about two days.

## How long is a person with flu virus contagious?

The period when an infected person is contagious depends on the age of the person. Adults may be contagious from one day prior to becoming sick and for three to seven days after they first develop symptoms. Some children may be contagious for longer than a week.

## How many people get sick or end up in the hospital from the flu every year?

Each flu season is unique, but it is estimated that, on average, approximately 5 percent to 20 percent of U.S. residents get the flu, and more than 200,000 persons are hospitalized for flu-related complications each year.

## What can I do to protect myself against the flu?

By far, the single best way to prevent the flu is for individuals, especially people at high risk for serious complications from the flu, to get a vaccination each fall. However, there are other good health habits that can help prevent the flu. These are: Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Washing your hands often will help protect you from germs. Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



*In the sprit of turkey, mashed potatoes, and overindulgence, we invite you to learn more about our favorite American holiday. On the following pages, we infuse your November with myths of the Mayflower and the power of the Pilgrims. Happy Thanksgiving!*

## Feast Facts



- ♣ In 1621 the Plymouth colonists and the Wampanoag Indians shared an autumn harvest feast which is now known as the first Thanksgiving. While cooking methods and table etiquette have changed as the holiday has evolved, the meal is still consumed today with the same spirit of celebration and overindulgence.
- ♣ What foods topped the table at the first harvest feast? Historians aren't completely certain, but it's safe to say the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. The only two items historians know for sure were on the menu are venison and wild fowl.
- ♣ The pilgrims didn't use forks; they ate with spoons, knives, and their fingers. They wiped their hands on large cloth napkins which they also used to pick up hot morsels of food.
- ♣ Salt would have been on the table at the harvest feast, and people would have sprinkled it on their food. Pepper, however, was something that they used for cooking but wasn't available on the table.
- ♣ In the seventeenth century, a person's social standing determined what he or she ate. The best food was placed next to the most important people. People didn't tend to sample everything that was on the table; they just ate what was closest to them.
- ♣ Serving in the seventeenth century was very different from serving today. People weren't served their meals individually. Foods were served onto the table and then people took the food from the table and ate it. All the servers had to do was move the food from the place where it was cooked onto the table.
- ♣ Pilgrims didn't eat in courses as we do today. All of the different types of foods were placed on the table at the same time and people ate in any order they chose. Sometimes there were two courses, but each of them would contain both meat dishes, puddings, and sweets.
- ♣ People tend to think of English food as bland, but, in fact, the pilgrims used many spices, including cinnamon, ginger, nutmeg, pepper, and dried fruit in sauces for meats.
- ♣ In the seventeenth century, cooks did not use proportions or talk about teaspoons and tablespoons. Instead, they just improvised.
- ♣ The best way to cook things in the seventeenth century was to roast them. Among the pilgrims, someone was assigned to sit for hours at a time and turn the spit to make sure the meat was evenly done.
- ♣ Since the pilgrims and Wampanoag Indians had no refrigeration in the seventeenth century, they tended to dry a lot of their foods to preserve them. They dried Indian corn, hams, fish, and herbs.
- ♣ The biggest meal of the day for the colonists was eaten at noon, and it was called noonmeat or dinner. The housewives would spend part of their morning cooking that meal. Supper was a smaller meal that they had at the end of the day. Breakfast tended to be leftovers from the previous day's noonmeat.
- ♣ In a pilgrim household, the adults sat down to eat and the children and servants waited on them.
- ♣ The foods that the colonists and Wampanoag Indians ate were very similar, but their eating patterns were different. While the colonists had set eating patterns—breakfast, dinner, and supper—the Wampanoags tended to eat when they were hungry and to have pots cooking throughout the day.

*For more information on the history of Thanksgiving, go to [www.historychannel.com](http://www.historychannel.com).*

# Happy Thanksgiving!

# Happy Thanksgiving!

## We're Thankful for *Our* Soldiers!

There are many ways to show your soldier that you're thankful for the many sacrifices that he or she has made this past year. For 1-1 AVN-related efforts, we recommend that you contact your company's FRG leader, who can give you ideas on how you can show your support. There are also many national efforts that allow you to show your support for all service members. Here are a few ways you can help.

Donate a calling card to help keep service members in touch with their families at Operation Uplink at [www.operationuplink.org](http://www.operationuplink.org). Send a greeting via e-mail through Operation Dear Abby at [www.operationdearabby.net](http://www.operationdearabby.net). Sign a virtual thank you card at the Defend America

Web site at [www.defendamerica.mil](http://www.defendamerica.mil). Make a donation to Army Emergency Relief at [www.aerhq.org](http://www.aerhq.org). Donate to Operation USO Care Package at [www.usometrodc.org/care.html](http://www.usometrodc.org/care.html). Support the American Red Cross Armed Forces Emergency Services at [www.redcross.org/services/afes/](http://www.redcross.org/services/afes/). Volunteer at a VA Hospital: ([www.va.gov/vetsday/](http://www.va.gov/vetsday/)) to honor veterans who bore the lamp of freedom in past conflicts. Give a soldier a taste of home with Operation: Take a Soldier to the Movies. Log on to [www.soldiertomovies.org](http://www.soldiertomovies.org).

So whether you send your soldier a thank-you letter, care package, or contribute to a larger effort, you'll be letting our soldiers know that you care this Thanksgiving.

## Myths of the Mayflower

Thanksgiving is mainly an invented tradition that has evolved over the years. We take you back to the mid-1600s to experience what Thanksgiving was really like when the pilgrims made their new home in America.

**MYTH: The first Thanksgiving was in 1621 and the pilgrims celebrated it every year thereafter.**

**FACT:** The first feast wasn't repeated, so it wasn't the beginning of a tradition. In fact, the colonists didn't even call the day Thanksgiving. To them, a thanksgiving was a religious holiday in which they would go to church and thank God for a specific event, such as the winning of a battle. On such a religious day, the types of recreational activities that the pilgrims and Wampanoag Indians participated in during the 1621 harvest feast—dancing, singing secular songs, playing games—wouldn't have been allowed. The feast was a secular celebration, so it never would have been considered a thanksgiving in the pilgrims' minds.

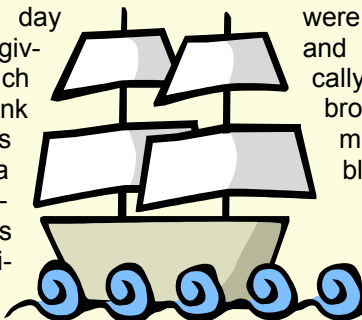
**The original Thanksgiving feast took place on the fourth Thursday of November.**

The original feast in 1621 occurred sometime between September 21 and November 11. Unlike our modern holiday, it was three days long. The event was based on English harvest festivals, which traditionally occurred around the September 29. President Franklin D. Roosevelt set the date for Thanksgiving to the

fourth Thursday of November in 1939. Abraham Lincoln had previously designated it as the last Thursday in November, which may have correlated it with the anchoring of the *Mayflower* at Cape Cod.

**The pilgrims wore only black and white clothing. They had buckles on their hats, garments, and shoes.**

Buckles did not come into fashion until later in the seventeenth century and black and white were commonly worn only on Sunday and formal occasions. Women typically dressed in red, earthy green, brown, blue, violet, and gray, while men wore clothing in white, beige, black, earthy green, and brown.



**The *Mayflower* was headed for Virginia, but due to a navigational mistake, it ended up in Cape Cod,**

**Massachusetts.**

The Pilgrims were in fact planning to settle in Virginia, but not the modern-day state of Virginia. They were part of the Virginia Company, which had the rights to most of the eastern seaboard of the U.S. The pilgrims had intended to go to the Hudson River region in New York State, which would have been considered "Northern Virginia," but they landed in Cape Cod instead. Treacherous seas prevented them from venturing further south.

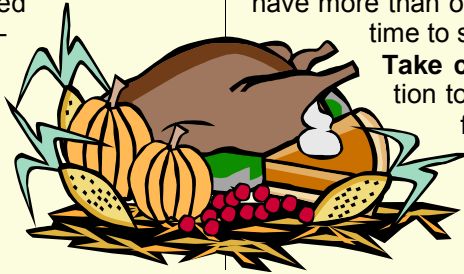
For more information on Thanksgiving traditions, log on to [www.historychannel.com](http://www.historychannel.com).

# Happy Thanksgiving!

## Dinner Done For You

**S**o you don't really feel like cooking this Thanksgiving? Neither do we. Thankfully, the Katterbach Dining Facility is serving up a good, old-fashioned Thanksgiving meal on Tuesday, November 23, with all of the fixings from 1600-1900. Cost is \$4.60 for dependents of E-4 and below; everyone else pays \$5.40. The theme for the event is "Harvesting a Safe Return for Our Soldiers," and a slideshow from downrange will be shown during the event.

To get your taste buds tingling, here are just a few of the menu offerings for the evening: steamship round of beef, baked ham, glazed Cornish hen, roast turkey, fried shrimp, prime rib, roast duck, baked macaroni and cheese, gravy, collard greens, seasoned corn, green bean casserole, mashed potatoes, candied sweet potatoes, cranberry sauce, corn bread dressing, savory bread dressing, shrimp cocktail, cream of broccoli soup, hot rolls, corn bread, and a healthy assortment of pies and ice cream.



## A Stress-less Season

**T**is the season to be busy—and overwhelmed. Assess your stress, and use these tips to reduce holiday tension.

**Resist feeling guilty.** The holiday season is a difficult time financially for many parents. Parents have to keep up with monthly bills and buy holiday gifts. Try not to feel guilty if you are unable to meet the commercial demands of the holidays. Spending beyond your means will only increase stress when the credit card bills come in, so keep in mind that great gifts don't have to be expensive.

**Share yourself with your kids.** You may not be able to give your kids all the material things they want, but you can give of yourself. Plan a special activity for just you and your children. Make cookies or ornaments. If you have more than one child, set aside a special time to spend with each one.

**Take care of yourself.** Pay attention to your own needs. Everyone functions better with adequate sleep, food, and recreation. Do at least one special thing for yourself this holiday season.

Frannie Schneider  
CMR 454 Box 3542  
APO AE 09250

MPS



GUNFIGHTER GAZETTE